



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINING FOR FUTURE STARS

## YOUTH FLAG FOOTBALL

### Flag Football Pre-K & K DGN

#### PANTHER CUBS

##### Program Description:

Pre-competitive instructional program to teach boys and girls the basic skills and rules of the game. Panther cubs and Panthers will learn skills of the game, the rules of the sport, the relationship between fitness and health, and character development.

### Flag Football Grade 1st-6th

#### PANTHERS

##### Program Description:

Panthers are a value-based, competitive program in which the player learns the skills of the game, the rules of the sport, the relationship between fitness and health, and character development. These objectives are achieved as players compete with other players and teams.

**REGISTRATION DEADLINE:** Friday, September 2nd at Southern Prairie YMCA

**DATE:** Saturdays; September 10 & 24 and October 1 & 8

**TIME:** 9-11 AM

**SPECIAL DATE:** "Football under the lights" September 26th

**FLAG FOOTBALL PHOTOS:** September 24, one hour before your team is scheduled to play.

**PRACTICE/ PLAY LOCATION:** Creston High School & Middle School Fields

**OFFICIALS:** provided by CHS

**ALL PROGRAMS:** T-shirt included

**COST:** \$15 per child

**REGISTRATION:** Southern Prairie YMCA front desk or register online at [www.southernprairieymca.com](http://www.southernprairieymca.com)

**QUESTIONS?** Contact Cody Hudson at 641.782.9622 or [yaquatics@southernprairieymca.com](mailto:yaquatics@southernprairieymca.com)





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## **2011 FLAG FOOTBALL REGISTRATION**

### **Registration Deadline is September 2**

Register at: Southern Prairie YMCA 1201 W. Townline St. Creston, IA 50801

Child Name: \_\_\_\_\_ Birth date \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt Size: ☐ SM 6-8 ☐ MED 10-12 ☐ LG 14-16 ☐ Adult SM ☐ Adult M ☐ Adult L

I release the Southern Prairie YMCA, the Creston Parks and Recreation Department and Creston High School and its coaches from all claims of any injuries, which may be sustained by above child while participating in any YMCA, Creston Parks and Recreation or Creston High School sponsored activity. If medical attention is required, I give my permission for such medical care.

Parent/Guardian Signature: \_\_\_\_\_

The YMCA, Creston Parks and Recreation and Creston High School have permission to photograph my child.

Signed: \_\_\_\_\_

## **VOLUNTEER COACHES NEEDED!!**

Anyone interested in helping as a coach should complete the following or call (641) 782-9622 or email [yaquatics@southernprairieymca.com](mailto:yaquatics@southernprairieymca.com)

Name: \_\_\_\_\_ Child: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_